



## CLIENT SHOWCASE

### ARMY NAVY COUNTRY CLUB

Arlington, VA

The Army Navy Country Club's fitness center had not been updated in over 20 years. Looking to replace their dated and worn equipment, they enlisted the help of Ardent Fitness. Both Army Navy Country Club and Ardent Fitness approached this as an opportunity to upgrade every piece of cardio equipment and transform their former "strength" room into a functional training room.

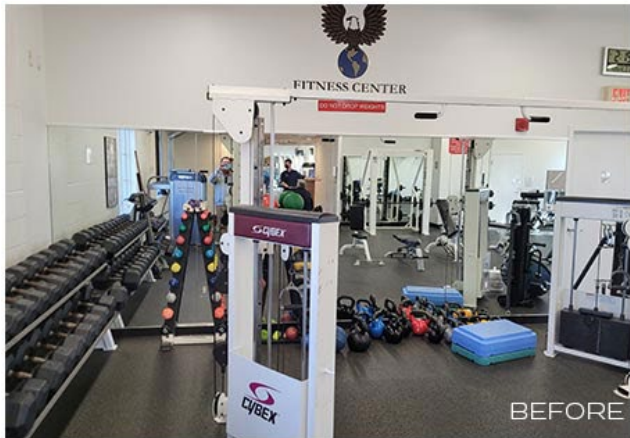
Ardent Fitness listened to the client's needs and wants, providing options and guidance throughout the whole process. The end result? A more functional space overall, with a better flow, and as an added bonus for the Army Navy Country Club, the boost they needed to attract a younger demographic to their membership.

#### SERVICES PROVIDED BY ARDENT FITNESS:

- Fitness equipment
- Fitness flooring
- Cleaning supplies from Zogics



# ARDENT FITNESS



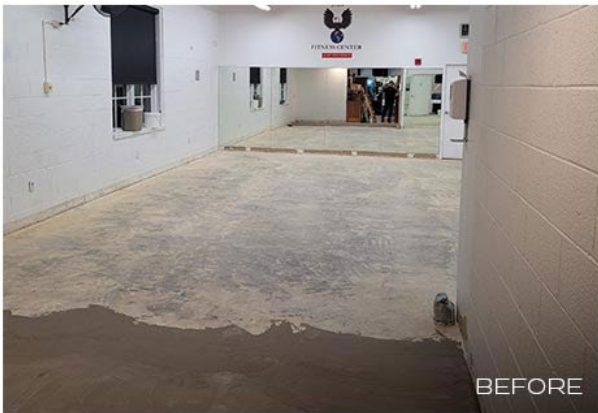
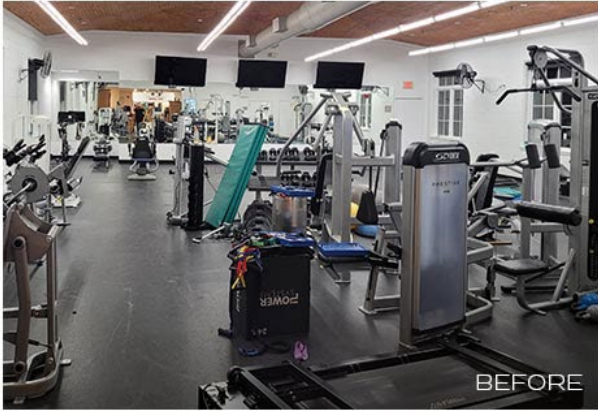
"Ardent is by far one of the best equipment companies that I've had the chance to work with in my 28 years in the fitness industry.

One quality that I appreciated was how patient they were throughout the process. There was never a time I didn't think I could not ask the important questions and/or request multiple quotes. I appreciated the fact that they allowed the flexibility of *what if* scenarios. This was important since I had no idea what the final budget would look like.

**I could not have asked for a better partner to create a beautiful space with."**

— Jay Guillory, Assistant General Manager/Director of Fitness and Wellness, Army Navy Country Club

# ARDENT FITNESS





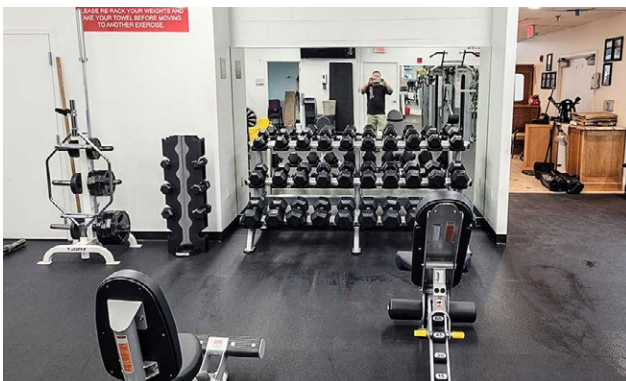
## From Strength to Functional Training

TRX Studio Line Strength, Corner, and Suspension Rigs, Cybex strength equipment, kettlebells, fitness accessories, and more provide options for a wide range of full body strength training & functional workouts.



## Comprehensive Cardio Training

The Army Navy Fitness Center cardio space includes treadmills, ellipticals, upright bikes, recumbent bikes, rowers, and climbers from best-in-class brands Star Trac, Stairmaster, Cybex, and Octane. All cardio units are equipped with LED screens.



## Free Weights & Storage

Featuring a Nautilus 3-Tier Dumbbell Rack and Hoist Fitness utility & incline benches.



## Ecore Fitness Flooring

8mm rolled rubber flooring from Ecore provides a durable surface for all training activities and workouts throughout the fitness center.

## EQUIPMENT PROVIDED



**STAR TRAC**  
10TRX Freerunner Treadmill



**STAR TRAC**  
8 Series Rear Drive Elliptical



**STAR TRAC**  
8UB Upright Bike



**STAR TRAC**  
8RB Recumbent Bike



**STAIRMASTER**  
10G Climber



**STAIRMASTER**  
HIIT Rower



**TRX**  
Strength & Suspension Bays



**HOIST FITNESS**  
Flat/Incline/Decline Bench



**HOIST FITNESS**  
Utility Bench



**NAUTILUS**  
3-Tier Dumbbell Rack



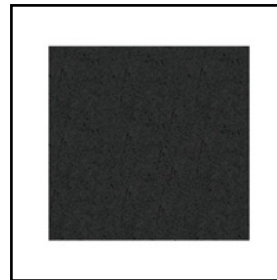
**CYBEX**  
Flat/Incline/Decline Bench



**OCTANE**  
ADX Bike



**TRX**  
Kevlar Urethane Bumper Plates




**ECORE**  
8mm Rolled Rubber Flooring



**ZOGICS**  
The Cleaning Station

## CREATE YOUR FITNESS SPACE

Whether you're a fitness center like the Army Navy Country Club or setting up a home workout area, Ardent Fitness can work with you every step of the way, from space planning and design to equipment selection, financing, installation, and service.

 (888) 429-7759

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